000340 - Roasted Butternut Squash CACFP :	Components	Attributes	Allergens	Allergens	Allergens
000340 - Noasteu Butternut Squasii CACFF.	Components	Attributes	Present	Absent	Unidentified
HACCP Process: No HACCP Process	Meat/Alt:				? - Milk
Number of Portions: 25	Grains:				? - Egg
Size of Portion: 1/4 CUP	Fruit:				? - Peanut
	Vegetable: 0.25 cup				? - Tree Nut
	Milk:				? - Fish
					? - Shellfish
					? - Soy
					? - Wheat

Ingredients	Measures	Instructions
011485 SQUASH,WNTR,BUTTERNUT,RAW	6 1/4 cups	Peel and medium dice squash.
799939 GARLIC,RAW	1 Tbsp 1/2 Tbsp 3/4 tsp 3/4 tsp	 Combine squash, minced garlic, rosemary leaves, oil, and salt in a large bowl. Toss until vegetables are fully coated. Place in a single layer on a baking sheet with parchment paper. Roast in 400° F oven for 30 minutes or until tender. Hold hot for service.

*Nutrients are based upon 1 Portion Size (1/4 CUP)

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Calories	18 kcal	Cholesterol	0 mg	Sugars	*0.8* g	Calcium	17.55 mg	9.00% Calories from Total Fat
Total Fat	0.18 g	Sodium	48 mg	Protein	0.37 g	Iron	0.25 mg	1.48% Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	4.21 g	Vitamin A	3721.8 IU	Water ¹	*30.47* g	*0.00%* Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	0.71 g	Vitamin C	7.5 mg	Ash ¹	*0.29* g	96.22% Calories from Carbohydrates
								8.52% Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.